

## Give Blood. Give Life.

Every three seconds someone needs blood. In fact, nine of ten of us will need a blood transfusion in our lifetime. Scary statistics. It could be a friend, family member, maybe even YOU. Think about your community-what can be done to make sure your friends, neighbors and family receive the blood they need? Its simple-donate blood to the Community Blood Bank.

## General Requirements to Donate Blood

To donate blood, you must be at least 17 years of age, weigh at least 110 pounds and be in general good health. **You can safely donate blood every 56 days.** Make sure you are well



rested and eat a good meal before you donate blood. You will receive a free health check as part of the process of donating blood. Your medical history, blood iron level, blood pressure and pulse rate will be checked.

## Why Should I Donate?

Community Blood Bank needs over 550 donors to donate blood every week to maintain an adequate local supply. Only 5% of the eligible population donates blood, so it's easy to see why your regular donation of blood is so necessary to take care of local patients.

Donated blood is used to care for patients in traumas, surgeries, burns, cancers and other illnesses. Blood cannot be manufactured, it can only be provided by volunteer donors like you. Stored blood has a shelf life of 42 days, and some components only 5 days. Making blood donation a life-saving habit is the only way our hospitals can be assured of having an adequate blood supply 24 hours a day, seven days a week.

**More than 28,000 donors are needed each year to meet the needs of patients in local hospitals.**

## Save a Life in Just a Few Minutes



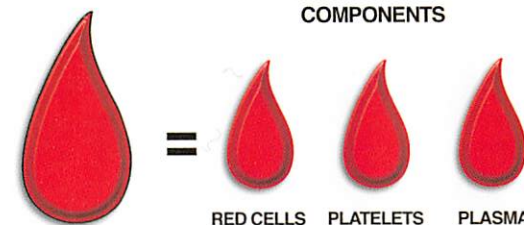
Whether you donate blood in the donor room or on the bloodmobile, the whole process takes just 25-30 minutes. In that short period of time, you'll make a tremendous difference in the lives of patients that are depending on your donation. It's a wonderful way to volunteer and have an immediate impact in your community. The few minutes it takes to donate blood **will** help at least three other people.

## What Happens to My Blood?

After you donate a unit of blood, the blood is put through FDA required tests to ensure its safety for use. Then, the blood is processed into different components with each one helping a different patient. For example: Trauma patients may be transfused with red cells; platelets are used in cancer treatment, surgeries, transplants and other treatments; and plasma in the treatment of burns, in surgeries and other procedures. The blood is then put through a regiment of FDA required tests to ensure its safety for use. Then the blood is stocked in the blood bank for distribution to where it's needed.

WHOLE BLOOD

COMPONENTS





## Where can I Donate?

The Community Blood Bank bloodmobile hosts many blood drives throughout the community and region, making it convenient for you to donate blood regularly. Ask your employer if the bloodmobile visits your workplace. The Community Blood Bank relies on you and community partners to host blood drives. It's a wonderful, life-saving volunteer project for your workplace, school, church or business that will directly benefit patients in your hometown.

You can donate blood in the donor rooms at Sanford Health or Avera McKennan Hospitals. Call for an appointment or just drop in.

**Sanford Health,  
(605) 333-6444**

**Monday, Wednesday, Friday**

7 a.m. – 5 p.m.

**Tuesday, Thursday**

9 a.m. – 7 p.m.

Just through the emergency room entrance doors

**Avera McKennan Hospital,  
(605) 322-7111**

**Monday – Thursday**

8 a.m. – 6 p.m.

**Friday**

8 a.m. – 4 p.m.

Doctor's Plaza II, 3rd Floor

## For More Information

### Community Blood Bank

1100 East 21st Street • Sioux Falls, SD 57105

**Phone: (605) 331-3222**

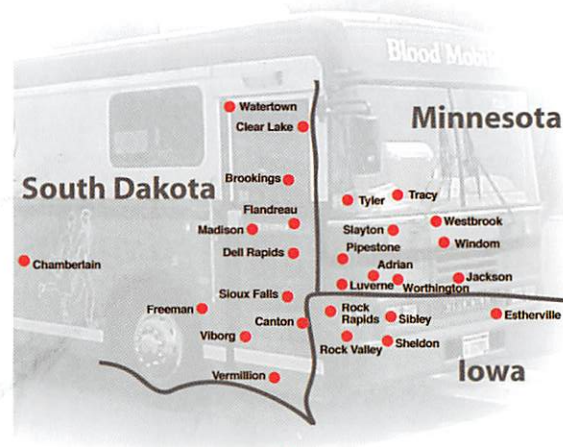
**Toll Free: (877) 877-3070**

**Fax: (605) 331-3335**

[cbblifeblood.org](http://cbblifeblood.org)

*Remember, You May Safely Donate  
Blood Every 56 Days.*

## Make it a lifesaving habit!



**COMMUNITY  
BLOOD BANK**  
THE LIFE BLOOD OF YOUR COMMUNITY



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